

# 2024 UniSport Nationals Sailing

## Medical Directory

10-13 September, Canberra Yacht Club – Lake Burley Griffin

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For quick reference, a list of all locations in this directory can be accessed using [this Google Maps link](#).

### Event Medical Coverage – First Responders

UniSport Australia has appointed [Sports Medicine Australia \(SMA\)](#) to provide the official event medical coverage. They are the designated first-responders to all injuries that occur on the field of play.

SMA-supplied Sports Trainers have current HLTAID009 – Provide CPR and HLTAID011 – Provide First Aid qualifications along with a minimum of Level 1 Sports Trainer accreditation. An SMA-accredited Sports Trainer is not simply a First Aider, but an individual with experience in managing sporting injuries and incidents, trained to provide quality, immediate injury care to athletes.

SMA Sports Trainers have skills and knowledge in the areas of sports taping, soft tissue injuries, on-field transport, stings, and allergies, as well as first aid skills such as CPR, wound and fracture management. Sports Trainers have access to the latest SMA policies and guidelines such as the SMA Concussion in Sport Policy and Extreme Heat Policy.

Level 1 Sports Trainers have received education including:

- Concussion Management
- Sports Taping (Ankle, Thumb and Finger)
- Transport of the Injured Athlete
- Nutrition and Hydration
- Drugs in Sport

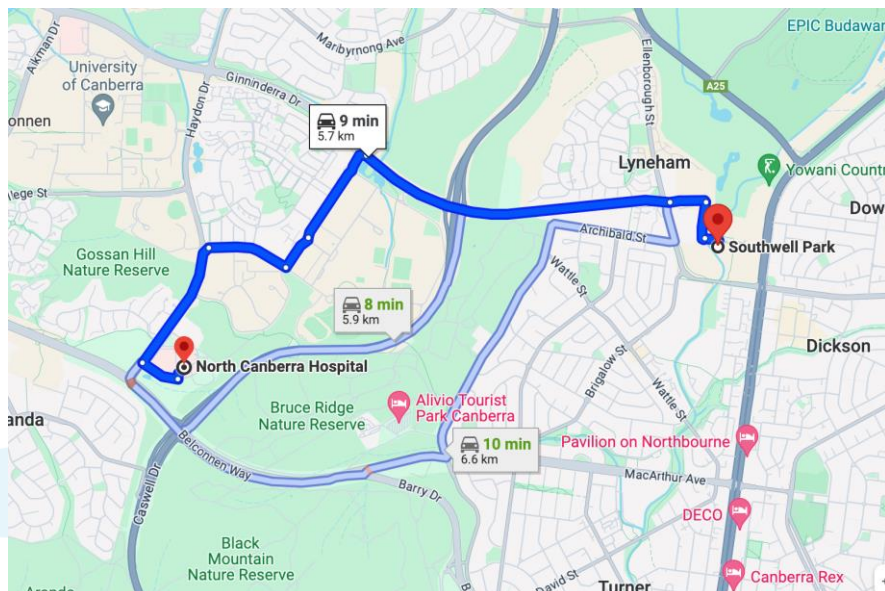
Level 2 Sports Trainers are the most experienced, completing at least 50 hours of experience in an on-field role and proficient in all Level 1 Sports Trainer content as well as:

- Advanced Sports Taping (Knee, Shoulder, Elbow and Achilles)
- Spinal Injury Management
- Injury Prevention Programs
- Concussion Management
- Sports Massage
- Wound Management
- Athlete Wellbeing and Mental Health

## Hospitals

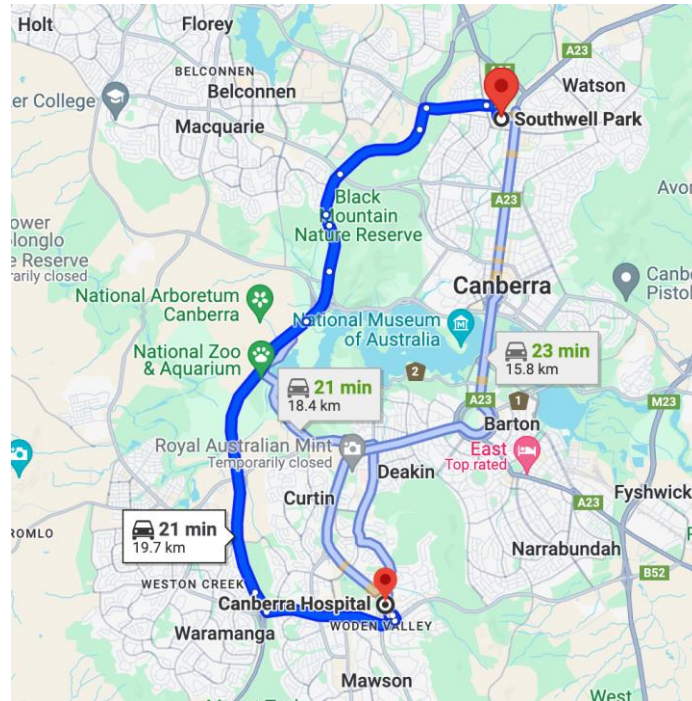
### North Canberra Hospital

- Mary Potter Circuit, Bruce, 2617
- (02) 6201 6111



## Canberra Hospital

- Yamba Drive, Garren, 2605
- (02) 5124 0000



## General Practitioners

### City Family Practice

- 161 London Circuit, Canberra, 2601
- (02) 6248 0900
- Opening Hours
 

Monday - Thursday	8:30 AM - 5:30 PM
Friday	9:00 AM – 4:00 PM
Weekends	Closed

### Next Practice Deakin – Medical Centre

- Suite 2/4 Makin Place, Deakin, 2600
- (02) 6185 5555
- Opening Hours
 

Monday - Friday	8:00 AM – 6:00 PM
Saturday	9:00 AM – 12:00 PM
Sunday	Closed

## After Hours Practitioner

### CALMS Southside Surgery

- The Canberra Hospital, Building 12 Yamba Drive, Garren 2605
- 1300 422 567
- Operates via phone triage
- Opening Hours
  - Monday - Friday 8:00 PM - 11:00 PM
  - Weekends 10:00 AM – 11:00 PM

### Weston Creek Walk-In Centre

- 24 Parkinson Street, Weston, 2611
- (02) 5124 8080
- Opening Hours
  - Every day 7:30 AM – 10:00 PM

## Pharmacies

### Coleman Court Pharmacy

- Shop 5051 Brierly Street, Weston, 2611
- (02) 6288 1867
- Opening Hours
  - Monday - Friday 8:30 AM - 7:00 PM
  - Saturday 9:00 AM - 6:00 PM
  - Sunday 9:00 AM – 5:00 PM

### The Pharmacy on Northbourne

- 66 Northbourne Avenue, Cnr of Northbourne Avenue and Alinga Street, Canberra City, 2601
- (02) 6162 1133
- Opening Hours
  - Everyday 8:00 AM – 11:00 PM

## Sports Medicine Services

### Set2Physio

- 2 Geils Court, Deakin, 2600
- +61 439 840 466
- Opening Hours
  - Mon, Tues, Wed, Fri 9:00 AM - 6:00 PM
  - Thurs & Weekends Closed

### Higher Function Physio & Pilates

- Suite 4, Level 1 1/23 Petrie Plaza, Canberra, 2601
- (02) 6262 9664

## Dental Services

### Molonglo Dental Surgery

- 110 Woodberry Avenue, Coombs, 2611
- (02) 6287 1222
- Opening Hours
  - Mon, Tues, Thurs 8:30 AM – 7:00 PM
  - Wed, Fri 8:30 AM – 5:00 PM
  - Weekends 9:00 AM – 2:00 PM

### Identity Dentistry

- Unit 205/222 City Walk, Canberra, 2601
- (02) 6248 5692
- Opening Hours
  - Monday - Friday 8:30 AM - 5:30 PM
  - Weekends Closed

## Radiology Services

### Qscan Radiology Clinic Macquarie

- 3 Jamison Centre, Macquarie, 2614
- (02) 6126 5020

### I-MED Radiology Deakin

- 161 Strickland Crescent, Deakin, 2600
- (02) 6124 1900
- Opening Hours
  - Monday - Friday 8:00 AM - 5:00 PM
  - Weekends Closed

